

Face to Face Groups in West Lothian for those aged 60+

Please note that you must call OPAL on 01506 815815 or email opal@cyrenians.scot to book your place at a group as spaces are limited in the venues.

Blackburn Buddies Activity Group - Blackburn

Weekly Mondays (10:00am-12:00pm)

Blackburn Partnership Centre, Ashgrove, Blackburn, EH47 7LL

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Craigengar Park Activity Group - Craigshill (Livingston)

Weekly Mondays (1:30pm-3:30pm)

Almond Road, Livingston EH54 5NY

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St Andrews Court Activity Group – Uphall

Weekly Tuesdays (10:00am-12:00pm)

Hawthorn Place, Uphall, Broxburn, EH52 5BX

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Rosemount Gardens Activity Group - Bathgate

Fortnightly Tuesdays (2:00pm-4:00pm)

Mid Street, Bathgate, West Lothian, EH48 1QW

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Cunnigar House Activity Group - Mid Calder

Weekly Tuesdays (2:00pm-4:00pm)

Avenue Park West, Mid Calder, Livingston, West Lothian, EH53 0AH

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Mates & Meals Dinner Group - Local Restaurant in West Lothian

Second Tuesday of each month (6:00pm-8:00pm)

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Royal Scot Court Nibble and Natter Group – Bathgate

Fortnightly Wednesdays (1:30pm-3:30pm)

76 Academy Street, Bathgate, EH48 1QR

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Blackfaulds Court Activity Group - Fauldhouse

Weekly Wednesdays (2:00pm-4:00pm)

Blackfaulds Court, Fauldhouse, EH47 9DR

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Singing for Health Group (in partnership with Xcite) - Deans (Livingston)

Fortnightly Wednesdays (2:30pm-4.00pm)

St Andrews Church, 4A Main Street, Deans, Livingston, EH54 8BE

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Strathbrock Activity Group – Broxburn

Weekly Thursdays (10:00am-12:00pm)

Partnership Centre, 189A West Main Street, Broxburn, EH52 5LH

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Linlithgow Friends Social Group – Linlithgow

Weekly Thursdays (1:30pm-3:30pm)

Longcroft Hall, Linlithgow, EH49 7BH

OPAL Online Zoom Groups

If you would like to join the online groups but need some support in using your device, we can provide digital support to help get you connected.

OPAL Kitchen

First Tuesday of each month 2:00pm-3:00pm

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OPAL Zoom Room

Weekly on Wednesdays 2:00pm-3:00pm

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OPAL Reading Room

Last Thursday of each month 11:00am-12:00pm

Computer Skills Groups

We also run short courses in computer skills at various venues across West Lothian. Give us a call or email to enquire about the locations and dates.



OPAL Walking Groups

Bathgate Wanderers Walking Group
Fortnightly Mondays 1.00pm-2:00pm

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Linlithgow Wanderers Walking Group
Fortnightly Tuesdays 11:00am-12:00pm



Please note that we ask for everyone to book onto each group prior to attending. For more information on any of OPAL's groups, and to reserve your place, please call 01506 815 815 or email opal@cyrenians.scot